

No. EDN-U (G-I) WIFS/- 16195  
Office of the,  
Deputy Director of Higher Education  
Una District Una (HP)  
Email.ddhe-una-hp@gov.in



Dated Una- 174303

13 February, 2020

To

All the Principal/Headmaster  
GSSS/HS in Una Distt.

Subject:- Regarding menstrual hygiene in adolescent girls.

Memo,

With reference to the Director of Higher Education Himachal Pradesh Shimla letter No. EDN-HE (21) F (10) 09/2019-Santary Napkin dated 10 Feb, 2020 on the subject cited above.

The copy of Regarding menstrual hygiene in adolescent girls is enclosed herewith for your further necessary action.

Encls: As above

*NRG*  
Deputy Director of Higher Education  
Una District Una (HP)

Endst No. Even

dated

Copy to:- 1 The Director of Higher Education Himachal Pradesh Shimla for information please.

*sd-*  
Deputy Director of Higher Education  
Una District Una (HP)

EDN-HE (21) F (10)09/2019-Sanitary Napkin  
Directorate of Higher Education  
Himachal Pradesh  
Tel.No:0177-2653120 Extn.No.234 Fax:0177-2812882  
E-mail: dir.edu@rediffmail.com & genbr@reiffmail.com

शिक्षा विभाग उच्च शिक्षा

10 FEB 2020

Dated: Shimla-171001 the January, 2020

To


All the Deputy Directors of Higher Education  
Himachal Pradesh

Subject:-

**Regarding menstrual hygiene in adolescent girls.**

As we all are aware that Menstruation is a normal physiological phenomenon that women and adolescent girls experience every month. Ability to manage menstruation hygienically is fundamental to the dignity and well-being of women and constitutes an integral component of basic hygiene, sanitation, and reproductive health services. Government of India has incorporated Menstrual Hygiene Management into national policies and programs as part of initiatives for improving health, well-being and nutritional status of adolescent girls and women as well as for reducing school absenteeism of adolescent girls. UNICEF has also been instrumental in providing technical guidance and support toward raising awareness, addressing behaviour change, capacity building of frontline community cadre, sensitization of key stakeholders, and creation of WASH facilities including safe disposal options. All-out efforts are needed to change the age-old social attitude towards menstruation and to break the culture of silence and inertness.

In this connection, you are once again directed to issue necessary instructions to all the heads of institutions under your jurisdiction to sensitize adolescent girls about the menstrual hygiene. It should be ensured that Nodal Officers (preferably lady teachers) are appointed in each School responsible for menstrual hygiene and proper receiving, storage, distribution and documentation of the Sanitary Napkins which are being made available to the adolescent girls by Accredited Social Health Activists (ASHA). The ASHA workers will go to their designated schools once in a quarter, to collect the information on the reporting format given by the State headquarter. Further, all the girl students should be sensitized about the efficient use and safe disposal of Sanitary napkins as good menstrual hygiene triggers health, confidence and self-esteem of women and is linked to gender equality and basic human rights. Moreover, male students should also be sensitized to increase their understanding and thereby foster supportive attitude that will have stronger effect in removing discriminatory practices faced by women.

  
Dr. Parmod Chauhan  
Jt. Director of Higher Education  
Himachal Pradesh  
Phone No. 0177-2656621  
Email [dhe-sml-hp@gov.in](mailto:dhe-sml-hp@gov.in)  
Shimla the January, 2020

9304  
11-2-20

Endst. No.	Even	Dated:
1	The Superintendent (Computer/IT/Cell), Directorate of Higher Education, Himachal Pradesh,	Shimla-1 is requested to upload the letter on departmental website.
2	Guard File.	

  
Jt. Director of Higher Education  
Himachal Pradesh

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11/02/20  
AAHE